

SUNDAY *Outdoor* YOGA

with Cait Fields, Yoga Therapist

All levels flow yoga for balance, strength and relaxation.

**EVERY SUNDAY 9AM–10:15AM
CHADWICK LAKE PARK
BOATHOUSE PAVILION***

**inside Town of Newburgh Rec. Center during the Winter*



In this 75min all levels vinyasa (flow) yoga class you will be mindfully guided into standing, balancing and seated postures, as well as, sun salutations. Sun salutations are poses preformed in sequence to create a flow of movement created to warm up and move the body with intention. The instructor will offer clear direction and plenty of modification options which may include the use of props. You may be introduced to various centering breath work and meditation techniques as well as Yoga Philosophy. Bring a Yoga Mat, blocks and a blanket.

WHY CHOOSE THIS CLASS:

- Beginner Friendly
- Enhance Balance and Strength
- Release Stress
- Learn More About Yoga

**\$10 CASH/
SESSION**

→ Register for the season at townofnewburgh.recdesk.com